

ONE DAY AT A TIME

TODAY'S THOUGHT

EACH DAY THOUSANDS OF PEOPLE STRUGGLE WITH THE REALITIES OF A DISABILITY OR HAVING POST-POLIO SYNDROME. THEY ARE OFTEN ISOLATED, FATIGUED, AND CONCERNED ABOUT THE NEXT STEPS THEY SHOULD TAKE.

I AM STILL DETERMINED TO BE CHEERFUL & HAPPY, IN WHATEVER SITUATION I MAY BE; FOR I HAVE LEARNED FROM EXPERIENCE THAT THE GREATER PART OF MY HAPPINESS OR MISERY DEPENDS UPON MY DISPOSITION, AND NOT UPON MY CIRCUMSTANCES.

JACK